



**TRICARE Northwest – Regional 11**

***Prescribing Guidelines for the  
Use of Non-Sedating Antihistamines in  
Allergic Rhinitis***

The following prescribing guideline has been approved by the Regional Pharmacy and Therapeutic Committee and is **intended for use in patients older than 12 years of age**. This guideline does not recommend that the use of sedating antihistamines not be considered in the treatment of allergic rhinitis. The recommendations are based on the assumption that the use of sedating antihistamines did not achieve adequate symptom control or use of sedating antihistamines was contraindicated.

1. Prior to using non-sedating antihistamines, a trial of nasal corticosteroid nasal spray should be considered.
2. A non-sedating anti-histamine may be used for patients who fail to improve on nasal steroids. Unless contraindicated Fexofenadine (Allegra ®) is on the DoD Basic Core Formulary (BCF) and the class of non0-sedating antihistamine is a closed class. Therefore, DoD MTFs are not allowed to have other non-sedating antihistamines on their formularies at this time. Prescribing quantities for initial prescriptions for Fexofenadine (Allegra ®) should be limited to a 30-day supply until the therapy is determined to be effective. Limiting the initial quantity dispensed will help contain the costs of the medication should the patient fail to respond.
3. Patients who fail to be controlled with adequate therapeutic trials of Fexofenadine (Allegra ®) or who are intolerant to it may be considered for a similar therapeutic trial with a non-formulary non-sedating antihistamine.
4. For patients older than 12 years of age, initial therapy with Fexofenadine (Allegra ®) 180mg QD. Fexofenadine (Allegra ®) may be used in pediatric patients as young as 6 years of age at 30mg BID dose. Intranasal steroids may also be tried in this pediatric population at the same dose as for adult then tapered down to the minimum effective dose once the maximal effect has been achieved.
5. As an adjunct to medications, trigger avoidance should be encouraged. In patients who have inadequate control of symptoms with medication, RAST or other allergy testing may be helpful if triggers cannot be identified by history alone.
6. Patients relocating to the TRICARE Northwest region with prescriptions for non-sedating antihistamines other than Fexofenadine (Allegra ®) should be evaluated by their provider to determine the need to continue their current therapy.